

# Pumpkin, Mushroom & Silverbeet Lasagne

## Equipment:



pasta machine



several clean,  
dry tea towels



saucepan with  
steamer and lid



chopping board



vegetable peeler



large knife



frying pan



wooden spoon



bowls – 1 large,  
2 medium, 3 small



fork



cheese grater



salad spinner  
(optional)

## Equipment (continued):



colander



flat grater



large, flat  
baking dish

## Ingredients:



1 quantity fresh  
pasta dough



1 kg pumpkin



1 L of water



500 g mushrooms



2 cloves garlic



1 tablespoon  
butter



about 12 silverbeet  
stalks

## Ingredients (continued):



150 g parmesan  
cheese



2 cups béchamel  
sauce



handful fresh basil,  
enough for 1 cup  
when chopped



handful flatleaf  
parsley, enough  
for 1 cup when  
chopped



freshly ground  
pepper



salt



1 whole nutmeg,  
for grating



large handful  
spring onions,  
enough for 2 cups  
when chopped

## What to do:



Roll the pasta through the pasta machine to the second-thickest setting.

Gently lay the sheets to dry on clean tea towels until you are ready to use them.



Peel large chunks of the pumpkin. The skins can go in the compost.

If your pumpkin is whole, **ask an adult** to help you to cut it into large chunks.



Chop the pumpkin into equal-sized chunks.



Turn the stove on to medium–high heat.



Pour the water into the saucepan.



Place the steamer basket on top.





When the water starts to boil, very carefully add the chunks of pumpkin to the steamer basket. **An adult should supervise.**

Put the lid on.



Set the timer for 20 minutes.

You can prepare the rest of the filling while the pumpkin steams.



Peel and slice the garlic.



Use a clean, damp tea towel to brush the mushrooms clean of any compost.



Slice the mushrooms.



Place a frying pan on the stove over medium–high heat.



Measure the butter.



Add the butter to the pan. It will melt and start to foam. When the butter is foaming, add the garlic and stir it through.



Fry the garlic for 30 seconds, then add the sliced mushrooms.

Cook, stirring occasionally, for 4–5 minutes.



When the mushrooms are cooked, pour them into a medium bowl and set it aside.

Don't clean the frying pan – you will use it again.



Wash the spring onions, then dry them.



Trim the ends off the spring onions. Chop the spring onions finely.



Heat up the frying pan to low–medium heat again, then tip in the spring onions.

Sauté the onions, stirring with the wooden spoon, for 2–3 minutes. They should be cooked and fragrant. Don't let them turn brown.



Tip the onions into a small bowl and set it aside.



The pumpkin might be ready now. Check it by very carefully pushing a fork into a piece. If the pumpkin is soft, put it into a bowl and leave it to cool. If not, let it steam a little longer.



You will use the steamer again, so keep it simmering on the stove.

Place the silverbeet in a colander in the sink, and wash the stems and leaves.



Dry the silverbeet in a tea towel or salad spinner.



Chop the leaves off the stems.  
Slice the stems into small pieces.



Put the silverbeet stems in the steamer over the boiling water. **An adult should supervise.**

Put the lid on tightly and steam for 2 minutes.



After 2 minutes, add the silverbeet leaves and continue steaming for another 2 minutes.

Turn off the heat. **Ask an adult** to take the steamer basket out of the saucepan.



Tip the silverbeet into the colander to cool.  
Grate the parmesan and set it aside in a small bowl.



Wash the basil and the parsley.

Dry the herbs gently in a tea towel or salad spinner.



Chop the basil and parsley finely and set aside in separate bowls.





When the silverbeet is cool, place it in the centre of a dry tea towel.

Roll the tea towel over the silverbeet. Squeeze out the water by twisting the ends.



Remove the silverbeet from the tea towel and chop it finely.



When the pumpkin is cool, mash it with a fork.



Season the pumpkin with salt and pepper.



Stir in the basil and half of the parsley.



Grate some nutmeg over the top.

## Assembling the lasagne:



Turn the oven on to 180°C.



Smear a spoonful or two of béchamel sauce over the bottom of a large, flat baking dish.



Arrange a layer of pasta to cover the béchamel sauce.



Spread over all the chopped silverbeet, and grate over a little nutmeg.



Sprinkle with  $\frac{1}{4}$  of the parmesan.

Add a pinch of salt and a grind of pepper.



Add another layer of pasta.  
Cover the silverbeet completely.



Spread all the cooked mushrooms over the top, then another thin layer of béchamel sauce.



Grind a bit of pepper over, then sprinkle with parsley.



Add another layer of pasta.



Spread all the mashed pumpkin and basil mixture over the pasta.



Sprinkle with another  $\frac{1}{4}$  of the parmesan cheese. (This time you don't need to add béchamel sauce.)



Add a layer of pasta over the top, tucking the sides down.



Spread the rest of the béchamel sauce evenly over the whole dish, making sure it is covered well.



Sprinkle the rest of the parmesan over the top.



Put the lasagne in the oven. Bake it for about 40 minutes, until it is golden and bubbling.

**Ask an adult** to help take it out of the oven.



Allow the lasagne to rest for 10–15 minutes before serving.

Serve it with a fresh, crunchy salad – the lasagne and the salad have different textures.